



# Community Bulletin

## January 11, 2016

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Dear Shrewsbury Families,

Please note the following announcements and information related to various events or activities that may be of interest to you and your children. Announcements from non-school sources are passed on as a courtesy if they meet the requirements of [School Committee policy](#).

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**1. NEW! - Parenting Strategies Course Description**

Parenting Strategies is an 8-week curriculum designed for parents/guardians who are interested in learning helpful parenting strategies. This course will also address specific techniques for effectively managing the behavior of children who experience emotional and/or behavioral dysregulation.

The goals of the Parenting Strategies Curriculum are:

- 1) To train parents/guardians in skills to increase their ability to cope more effectively with common parenting situations to:
  - a. Improve their own wellbeing
  - b. Help their children function more effectively overall
- 2) To educate parents/guardians on some current theories about neurological and environmental causes of emotional and behavioral dysregulation

The course content will include:

- \*Parenting Dilemmas
- \*Validation Skills
- \*Effective Communication
- \*Assessment of Problem Behavior
- \*Basic Principles of Reinforcement
- \*Behavior Change Procedures
- \*Crisis Survival

This course is open to all Shrewsbury parents/guardians and is free of charge. If possible, it is encouraged both parents/guardians participate. The content of each class will be built upon all that was taught and discussed in the preceding sessions. We encourage parents/guardians to attend all the sessions so they can follow what is presented later in the course. **Please RSVP by Sunday February 7th** to Shrewsbury Public School's Clinical Coordinator if you plan to attend (so that we can provide the appropriate number of handouts) at [ENerland@Shrewsbury.k12.ma.us](mailto:ENerland@Shrewsbury.k12.ma.us)

**Meeting Time:** 6-7:30 PM

**Meeting Place:** The Bent Presentation Room at Shrewsbury High School (or Sherwood Middle School Media Center when noted below).

**Meeting Dates:** February 9th, February 23rd (at Sherwood Middle School), March 1st (at Sherwood Middle School), March 8th, March 15th, March 22nd

**2. SAVE THE DATE - Bowling for Boosters on Sunday, February 21st, 2016!!!!**

Our 8th annual Bowling for Boosters Event will be held on **Sunday, February 21st, 2016 from 4:30-7 pm at the Town and Country AMF Bowling Alley on route 9 West in Shrewsbury.**

Sponsored by State Representative Hannah Kan, this adult only event is sure to put a smile on your face. Both outstanding and awful bowlers are invited! Pick a captain, get your team of 4 ready, fill out the registration form and get practicing for February!!!! Contact Kevin Flaherty at [flahertykpt@townisp.com](mailto:flahertykpt@townisp.com) for more information about the event or for corporate sponsorships available. Checks can be made out to: SHS Athletic Boosters and sent to: SHS Athletic Boosters 64 Holden Street, Shrewsbury, MA. 01545. Hope to see you there!

**3. This Saturday - Kids' Night Out! Mark your Calendars for January 16, 2016**

A fun night for kids hosted by Student Council! Part of Shrewsbury High School will be open to children ages 5-12 to play games, watch movies, do arts and crafts, grab dinner and more. SHS students are volunteering as "Big Brothers and Sisters" for the evening, running the event **on January 16 from 6-9pm**. The cost is \$20 per child with discounts for multi-child families. Pizza, snacks, and drinks will also be available for purchase. Adult supervision by SHS staff members will be provided. Pre-register at: [tinyurl.com/KNOshrewsbury](http://tinyurl.com/KNOshrewsbury). Maximum capacity is 200 children. Registration at the door is available pending maximum capacity has not been reached. Entrance to the event will be at the Gym entrance of Shrewsbury High School. Registration/admittance will open at 5:45pm. Funds raised support Student Council, Spanish National Honor Society, and New Entrant Assistant Team. Please contact Becky Moisan ([rmoisan@shrewsbury.k12.ma.us](mailto:rmoisan@shrewsbury.k12.ma.us)) with questions. See flyer [HERE](#).

**4. SHS Science Fair Judges Needed for Tues. February 9, and/or Wed. February 10 (Snow day - Thurs. February 11).**

Calling all Science enthusiasts! Volunteers are needed to help judge projects at Shrewsbury High School's annual Science Fair. **The Science Fair will take place in the media center from 7:45am-1:45 pm on Tuesday and Wednesday February 9, and 10 (Snow day - Thursday the 11th).** Judges are welcome to come on either one or both days to score projects. The top 12 projects in the SHS fair will advance to the Regional Fair at WPI. Please contact the Science & Engineering Department Director, Mr. Dave Hruskoci, 508-841-8836, or email at: [dhruskoci@shrewsbury.k12.ma.us](mailto:dhruskoci@shrewsbury.k12.ma.us) if you are able to help or if you have any questions. Volunteering your time is greatly appreciated.

**5. NEW! - Shrewsbury Garden Club offers Scholarship**

Each year the Shrewsbury Garden Club offers scholarship(s) to further the education of Shrewsbury residents in the fields of horticulture, landscaping, environmental studies or related fields. At its Annual Membership Meeting in June 2015, the club awarded scholarships to the following two students: Sara Nelson, a SHS graduate attending UConn School of Engineering majoring in Environmental Engineering and Mitchell Porter, a SHS graduate and a Junior at Roger Williams University studying Environmental Science. Students interested in applying for the 2016 scholarship may visit the Garden Clubs web site at [www.Shrewsburygardenclub.org](http://www.Shrewsburygardenclub.org) for more information and application. **Deadline for applying is March 25, 2016**

**6. NEW! - All Students Welcome - Worcester Polytechnic Institute (WPI) Summer Programs**

Registration for Worcester Polytechnic Institute (WPI) Summer Programs will open on **Monday, February 1, at 9AM EST**. Elementary, middle and high school students can choose from our variety of day and overnight STEM programs, or our numerous sports camps. For more information, please visit our website at [www.wpi.edu/+summer](http://www.wpi.edu/+summer) or call 508.831.4900.

**7. NEW! - All Families Welcome at Holy Cross Family Weekend – Special Offer with Ticket Purchase**

Looking for something to entertain the kids next weekend? Bring your family to the top of Mount St. James on **Jan. 15 and 16, 2016** to take advantage of two outstanding opportunities that will surely make it a memorable weekend for you and your family. To take advantage of these special offers and to make memories with your family, see flyer [HERE](#) for more details or to buy tickets for any Holy Cross home game, visit [GoHolyCross.com/tickets](http://GoHolyCross.com/tickets) today!

**8. Spring 2016 Registration is now open for Shrewsbury Girls Lacrosse**

Open to girls in grades 1/2, 3/4, 5/6, and 7/8. All practices and home games will be held at Oak Middle School. Sign-ups are through our website at <http://www.shrewsburygirlslax.usl.la/>. Click [HERE](#) for an informational flyer on clinics, grades, game times, locations, and more.

**9. This Thursday - Dinner and Donate to Benefit Shrewsbury Youth Hockey**

On Thursday, January 14, visit Dean Park Grill and Pizza on **Thursday, January 14 from 4:30 to close (10 pm)**. 15% of all sales that are accompanied by the flier will be donated to Shrewsbury Youth Hockey. See flyer [HERE](#).